

THE KANSAS NATIONAL GUARD FITNESS CHALLENGE REGISTRATION



FULL NAME: _____

AGE ON 22SEP2012: _____

GENDER: MALE OR FEMALE

STREET: _____

CITY: _____

ZIP: _____

PHONE: _____

EMAIL: _____

EMERGENCY CONTACT:

NAME: _____

PHONE: _____

Waiver: I hereby certify that I am in normal health and capable of safe participation in this physical fitness challenge. I assume all the risk(s) and hazards incidental to the conduct of this event. I hereby authorize members of the Kansas Army National Guard to act for me according to their best judgment in any emergency requiring medical attention and I hereby release the Kansas National Guard for any and all liability from injuries or illness incurred while participating in this event. In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I may have against race officials, staff, volunteers and representatives for any and all injuries that I may sustain in this event. I acknowledge that I have fully read this form and fully understand the terms and conditions contained herein. Additionally I fully authorize the use of my image, voice and video for promotion of this or similar events. http://kansastag.gov/rti_default.asp

SIGNATURE: _____

DATE: _____

Guardian Signature (if under 18) _____

☐ I would like more information on becoming a member of the Kansas Army/Air National Guard.

THE KANSAS NATIONAL GUARD FITNESS CHALLENGE



★ **Army Push-Ups**
maximum in 2 min.

★ **Army Sit-Ups**
maximum in 2 min.

★ **2 Mile Run**
as fast as you can

- * **FREE REGISTRATION**
- * **FREE EVENT SHIRTS**
- * **MULTIPLE TROPHIES**
- * **AWARDS CEREMONY**
- * **MEDICAL SUPPORT**
- * **WATER PROVIDED**
- * **COMPLIMENTARY FRUIT**
- * **MILITARY DISPLAYS**

SAT, 22 SEPT 2012
2850 SCANLAN AVE
SALINA, KS 67401
785-822-6646

THE KANSAS ARMY NATIONAL GUARD FITNESS CHALLENGE



★ **Army Push-Ups**
maximum in 2 min.

★ **Army Sit-Ups**
maximum in 2 min.

★ **2 Mile Run**
as fast as you can

ARE YOU ARMY STRONG ENOUGH?

22 SEPT 2012
2850 Scanlan Ave. Salina, KS

THE KANSAS NATIONAL GUARD FITNESS CHALLENGE



The Adjutant General's (TAG) Army Physical Fitness Test (APFT), Fitness Challenge is an **exciting and challenging** competition held every year at the 235th Kansas Regional Training Institute in Salina, Kansas.

Civilians & Soldiers will compete in the three APFT events. You will be tested and scored by soldiers from the KS National Guard. The three events are the Push-Ups, the Sit-ups and the Two Mile Run.

- * **FREE EVENT SHIRTS**
- * **MULTIPLE TROPHIES**
- * **AWARDS CEREMONY**
- * **MEDICAL SUPPORT**
- * **WATER PROVIDED**
- * **COMPLIMENTARY FRUIT**
- * **MILITARY DISPLAYS**

22 SEPT 2012
2850 SCANLAN AVE.
SALINA, KS 67401

FITNESS CHALLENGE SCORE / AWARDS



Push-Up and Sit-Up events are timed events and you will have 2 min. to do as many correct Army Push-Ups and Sit-Ups as possible in accordance with *TC 3-22.20*. You will also be timed on the **2 Mile Run**. Additionally the events will be demonstrated before they begin.

The fitness challenge will be scored on an extended scale for those who max each event. If you score at least 100 points in each event then you will qualify for the extended scale.

Scoring Examples:

101 points for the Push-Ups event,
103 points for Sit-Ups, and 102
points for 2 Mile Run = **306 points**

102 points for Push-Ups, **99** points
for Sit-Ups, and 105 points for 2-Mile
Run = **299 points**

* You **must** score 100 points in **each**
event in order to use extended scale

AWARDS:

INDIVIDUAL: top 3 Civilians, top
3 Military, #1 overall gold w/trophy

TEAM MEDALS: top 3 civilian teams,
top 3 military teams

Trophy for most push-ups, most sit-ups,
and fastest 2 mile run time



FITNESS CHALLENGE REGISTRATION



Participants are strongly encouraged to pre-register before Sept 1st 2012 on Facebook at 235th Regiment Fitness Challenge or by mailing this registration form to the address below. Participants may also register the day of the event, 22 Sept. 2012 at Eckert Hall 2850 Scanlan Ave. Salina, Kansas.

Participants **Check-In for FREE** in Eckert Hall, 2850 Scanlan Ave. Registration is from **7:00 to 8:40 AM**, with the competition beginning at 9:00 AM. Register **early** and check-in as soon as possible to ensure a T- Shirt and placement within the event.

T-SHIRT SIZE (Circle One):



M

L

XL

Print registration legibly & mail to:

235th Regiment
ATTN: Fitness Challenge
2804 Arnold Avenue
Salina, KS 67401